Caregiver Support Groups Lifespan Respite

OFFICE ON AGING **PO** Box 4210 HELENA, MT 59624

Caretime Support Group for Caregivers Adult Resource Alliance of Yellowstone County 1505 Avenue D – 2nd floor (406) 259-5212 (JoDee)

Monthly date varies 1 PM 2nd or 3rd Wednesday Call First

Noon

4th Monday

Alzheimer Association Support Group Billings Clinic Downtown Basement Room 1 801 North 29th Street (406) 690-2468 (Ramona) 657-4773

2nd & 4th Monday 11 AM Alzheimer Association Support Group

Canyon Creek Memory Care 1785 Majestic Lane (406) 281-8455 (Marianne)

3rd Tuesday Highgate Senior Living-Bistro 5:30 PM

3980 Parkhill Drive (406) 651-4833 (Dana)

3rd Tuesday The Springs Living 2 PM 1221 28th Street West Call First

(406) 652-6989 (Nadine)

1st & 3rd Wednesday 2 PM West Park Village Assisted Living

2351 Solomon Avenue 2nd Floor Library (406) 652-4886 (Melissa)

Bozeman

2nd Wednesday **Bozeman Senior Center** 1 PM

807 N. Tracy Bozeman, MT (406) 586-2421 (Emily)

4th Thursday Spring Creek Inn Noon

1641 Hunters Way Bozeman, MT (406) 586-0074 (Cindy)

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Butte Caregiver Support Group Belmont Senior Center 615 Mercury Butte, MT (406) 723-7773	1 st & 3 rd Tuesday	1 PM Call First
Alzheimer Association Support Group Springs Living of Butte 300 Mount Highland Drive Butte, MT (406) 494-0083 (Shelly)	3rd Tuesday	7 PM Call First
Great Falls		
Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 th Avenue South Great Falls, MT 59405 (406) 455-5950 (Becky)	1 st Tuesday	1:30 PM
Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 th Avenue South Great Falls, MT (406) 771-4544 (Dawn)	1 st & 3 rd Monday	11:30 & 5:30
Cambridge of Great Falls 1109 6 th Avenue N Great Falls, MT (406)727-7151 (Kaitlynn)	3 rd Tuesday	7 PM Call First
Highgate Senior Living 3000 11 th Avenue South	Last Wednesday	Noon Call First

Great Falls, MT (406) 454-099 (Jacob)

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

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^{*}Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Hamilton

Bitterroot Valley Alzheimer's Support Group

South Living Room

1st & 3rd Fridays Valley View Estates Health Care Center

225 N. 8th Street Hamilton, MT

(406) 363-5690 (Katie)

Havre

Caregiver and Alzheimer Support Group

Northern Montana Care Center

24 13th Street

Havre, MT

(406) 262-1899 (Rachel or Ila)

Helena

Alzheimer's Support Group

900 N. Montana Avenue

Helena, MT

(406) 431-0452 (Cindy)

Lewis and Clark Library

120 S Last Chance Gulch

(406) 444-5301 (Julie)

Touchmark on Saddle Drive

915 Saddle Drive

Helena, MT

(406) 449-4900 (Nanette)

3rd Monday

Tuesday

1st & 3rd Friday

Respite care available

Libby

Libby United Methodist Church

713 Main Avenue

Libby, MT

(406) 293-4937 (Dorothy)

(406)293-4522 (Church)

Kalispell

TBI and Caregiver Support Group

Summit Conference Room

205 Sunnyview Lane

Kalispell, MT

(406) 756-4720

Caregiver Support Group

Buffalo Hill Terrace

40 Claremont Street

Kalispell, MT

(406) 752-9224 Updated January 2016

Last Monday Noon

2nd Tuesday/4th Thursday 7 PM

1 PM

Noon

7 PM

Call First

2 PM

6 PM

3rd Monday

2nd Monday

3 PM

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Missoula

Alzheimer's Association Support Group 2nd Wednesday Noon

Summit Independent Living Center Conference Room

700 SW Higgins

Missoula, MT

(406) 549-3433 (Jackie)

Alzheimer's Association Support Group 4th Monday 6:30 PM

Missoula Senior Center 705 South Higgins Missoula, MT

(406) 549-3433 (Jackie)

Caregiver Support Group and Education Wednesdays Noon

The Village Senior Residence Call First*

2815 Old Fort Road

Missoula, MT

(406)549-1300 (Sarah)

*Location and time may vary

Polson

Alzheimer Caregiver Support Group 2nd Wednesday 1:30 PM

Presbyterian Church of Polson

301 4th Avenue E

Polson, MT

(406) 849-6207 (Arlene)

Cheerful Heart Cancer/Caregiver Support Group 2nd & 4th Monday Noon

United Methodist Church

301 16th Avenue

Polson, MT

(406) 883-7284 or (406) 824-2868 (Tammy)

Alzheimer's Telephone Support Group

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

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Caregivers Training

The Montana State University Extension Offices offer an educational program designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area http://www.msuextension.org/health/Powerful_Tools.html http://www.powerfultoolsforcaregivers.org/book-store/

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